

The MEMORY reVITALIZER HOUR

with Dr. William Summers

(CALL-in, 505 -444- 5059)

SAT JULY 13th , 2024.

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TOPICS: Memory reVITALIZER

Brenda & Ray Sidel

=>Over the last 11 years, 115 people died in weight lifting accidents at the gym

In the same 11 years

only one person died eating donuts.

PEOPLE !.... make good choices,

please!

Advise of Albert Einstein to a young cancer scientist Ernest Sternglass "Don't go back into academia. The will kill every bit of originality out of you.

- The Past is where you learn the Lesson; . . . The Future is where You APPLY the lesson.
- Make the LIE big, ...Make the LIE simple, ...KEEP SAYING IT, and eventually they will Believe it. — Adolph Hitler.
- REMEMBER JOE BIDEN WON THE 2020....ELECTION FAIR & SQUARE !!!!! *...and Donald Trump is a convicted Felon.*

DO NOT FEAR ARTIFICIAL INTELLIGENCE as MUCHAS
FEAR GENUINE STUPIDITY.

*IN THESE TROUBLED TIMES
REMEMBER, FEAR IS A REACTION..
.... COURAGE IS A DECISION.*

**THE PURPOSE OF THIS SHOW IS TO
EDUCATE AND EMPOWER YOU
THE LISTENER
I MAKE THE COMPLEX
UNDERSTANDABLE EACH & EVERY
SHOW. -R. Limbaugh**

Word FROM OUR SPONSOR

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Sierra Blanca Pharm in RUIDOSO, NM

§ <https://www.memoryrevitalizer.com>

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Albuquerque NeuroScience MEMORY DIFFICULTIES? •

AGE 50-87 • poor memory>6months • ?? possible ALZHEIMER'S?

• must have caregiver / loved one to participate.

ALBUQUERQUE NEUROSCIENCES

101 Hospital Loop NE, Unit 209,

Albuquerque, NM 87109

Tel: 505-848-3773

THANK YOU FOR LISTENING, CALLING AND
TELLING
OTHERS ABOUT THE SHOW

IN THE [NEWS](#):

Five Democrats join Republicans to STOP illegal aliens from voting in 2024 election by passing Trump-backed voter ID bill: 'Most important vote of your career'

– July 10, 2024

Interventions That Include Physical, Cognitive Training Are Most Effective Nonpharmacological Therapy For Older People With Cognitive Impairment, Study Finds

● Thursday, July 11, 2024 Psych News American Journal of Geriatric Psychiatry.

MetaAnalysis 121 studies with a combined 9,361 participants. The nonpharmacological interventions assessed were aerobic exercise, strength exercise, multicomponent physical exercise, other physical exercises, tai chi, other mind-body exercises, traditional cognitive rehabilitation, computer-based cognitive rehabilitation, occupational therapy, music therapy, physical-cognitive rehabilitation, and reminiscence therapy. The most frequent intervention was conventional cognitive training, followed by aerobic exercise, multicomponent physical exercise, computerized cognitive training, and physical-cognitive exercise.

==> conclusion: this is meaningless

A PRAYER BY GEORGE WASHINGTON

Almighty God:

We make our earnest prayer that Thou wilt keep the United States in Thy holy protection; that thou wilt incline the hearts of the citizens to cultivate a spirit of subordination and obedience to government, and entertain a brotherly affection and love for one another and for their fellow-citizens of the United States at large.

And finally that Thou wilt most graciously be pleased to dispose us all to do justice, to love mercy and to demean ourselves with that charity, humility and pacific temper of mind which were the characteristics of the Divine Author of our blessed religion without a humble imitation of whose example in these things we can never hope to be a happy nation.

Grant our supplication, we beseech Thee, through
Jesus Christ, our Lord. Amen.

In 1769, when Nathan Hale was fourteen years old, he was sent with his brother Enoch, who was sixteen, to Yale College. He was a classmate of fellow Patriot spy Benjamin Tallmadge.[4] The Hale brothers belonged to the Linonian Society of Yale, which debated topics in astronomy, mathematics, literature, and the ethics of slavery. Nathan graduated with first-class honors in 1773 at age 18 and became a teacher,

in 1775, Hale joined a Connecticut militia unit and was elected first lieutenant within five months.[6] His company participated in the Siege of Boston, but Hale remained behind. It has been suggested that he was unsure as to whether he wanted to fight, or possibly that he was hindered because his teaching contract in New London did not expire until several months later, in July 1775.

- Hale was also a part of Knowlton's Rangers, the first organized intelligence service organization of the United States of America, led by Lieutenant Colonel Thomas Knowlton. In August, the British soundly defeated the Continentals in the Battle of Long Island via a flanking move from Staten Island across Brooklyn. General George Washington was desperate to determine the location of the imminent British invasion of Manhattan; to that end, Washington called for a spy behind enemy lines, and Hale was the only volunteer.

- British General William Howe had established his headquarters in the Beekman House in a then-rural part of Manhattan, on a rise between what are now 50th and 51st Streets between First and Second Avenues, near where Beekman Place commemorates the connection. Hale reportedly was questioned by Howe, and physical evidence was found on him.

- According to the standards of the time, spies were hanged as illegal combatants. By all accounts, Hale comported himself well before the hanging.

- his last words, either entirely or in part, were: "I only regret that I have but one life to lose for my country." The account of the quote originated with British Captain John Montresor, who was present at the hanging.

“Greater Love has NO ONE than this, than to lay down one’s life for his friends.” – John 15:13

Joseph Addison's play Cato, which was widely popular at the time

“ How beautiful is death, when earn'd by virtue!
Who would not be that youth? What pity is it
...That we can die but once to serve our country”

HISTORY YOU ARE NOT SUPPOSE TO KNOW –2

The liberal Marxist Historians work hard to remove God from the public discourse ...— “Separation of Church & State”

BUT GOD was part of our foundation. Let us look at the founding Documents. The Declaration of Independence refers to “Nature’s God” and credits Him with “Equal creation” and “Certain unalienable Rights”, among these LIFE, liberty, and the pursuit of happiness.

Reflect on this. The Founders acknowledge GOD is the supreme authority and bestows unalienable rights to us INDIVIDUALS and we individuals then give authority to the Government.

The United States is the only country to this day that places GOD as the supreme authority dispensing rights. All other Countries hold that governments (Man) dispenses rights. How is that working out for China, Cuba, Russia and other countries? ? ?

eClinicalMedicine June 24, 2024

DOI:<https://doi.org/10.1016/j.eclinm.2024.102639>

LONELINESS has been implicated as a stroke risk factor, yet studies have examined loneliness at only one time point. The association of loneliness changes and risk of incident stroke remains understudied. Our aim was to examine the association of loneliness with incident stroke, particularly the role of loneliness chronicity.

Methods

This prospective cohort study examined data from the Health and Retirement Study during 2006–2018. For analyses examining baseline loneliness only, we included U.S. adults aged 50 years or older and stroke-free at baseline and excluded individuals missing data on loneliness and those who experienced death at baseline. For analyses examining loneliness changes over two time points, we included those aged 50 years or older at baseline and stroke-free through the exposure measurement period. Individuals missing a loneliness scale measure or those who experienced death during the exposure measurement period were excluded. Loneliness was measured with the 3-item Revised UCLA Loneliness Scale. We constructed loneliness scores (range 3–9), dichotomized loneliness measures (high vs low using a >6 cutoff), and loneliness patterns across two time points (consistently low, remitting, recent onset, consistently high). Cox regression models estimated associations of baseline loneliness (N = 12,161) with incident stroke over a 10–12-year period, and loneliness change patterns (N = 8936) with incident stroke over a subsequent 6–8-year period, adjusting for demographics, health behaviors and health conditions.

FINDINGS Higher loneliness scores at baseline were associated with incident stroke for continuous (hazard ratio [HR]: 1.05, 95% confidence interval [CI]: 1.01–1.08) and dichotomized (HR: 1.25, 95% CI: 1.06–1.47) loneliness measures, and persisted after adjustment for social isolation but not depressive symptoms. Only individuals with a consistently high loneliness pattern over time (vs consistently low) had significantly higher incident stroke risk (HR: 1.56, 95% CI: 1.11–2.18) after adjusting for depressive symptoms and social isolation.

HORMONES & BONE

.New Hormone Discovery Unlocks Hope for Osteoporosis Treatment

. By Sheramy Tsai July 10, 2024

. mystery: **HOW BREASTFEEDING WOMEN MAINTAIN STRONG BONES** despite the significant loss of calcium needed for milk production. In lactating mothers, the high demand for calcium needed for milk production can lead to significant bone loss. Normally, estrogen is protective for women, helping to counteract bone loss by promoting bone formation. However, its levels drop sharply during breastfeeding. Despite this drop, breastfeeding women seldom experience osteoporosis or bone fractures, suggesting another factor is at work to protect their bones.

Previous research published in Nature found that **blocking a specific estrogen receptor in certain brain neurons** of female mice led to significant increases in bone mass. Suspecting a hormone in the blood was responsible, the study researchers conducted an exhaustive search and identified a hormone called **Cellular Communication Network**

Factor 3, or CCN3, as the bone-building factor in these mutant females. Dubbed the “lactation-induced brain hormone,” CCN3 is found in the brains of lactating mice and plays a crucial role in maintaining bone strength during lactation.

“One of the remarkable things about these findings is that if we hadn’t been studying female mice, which unfortunately is the norm in biomedical research, then we could have completely missed out on this finding,” Holly Ingraham, senior author of the new study and professor of cellular molecular pharmacology at UCSF, said in a press release.

- CCN3 prevents the skeleton from dissolving during lactation while stimulating bone formation for new calcium deposition.
 - The financial burden of osteoporosis, estimated to cost \$25 billion annually in the United States, could be significantly alleviated by treatments derived from CCN3.
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SLEEP: Low-Dose Aspirin Alleviates Inflammation Caused by Sleep Deprivation..

By Ellen Wan Epoch Times July 10, 2024

a randomized, placebo-controlled crossover trial involving 46 healthy adults. The trial employed three protocols: sleep restriction with **low-dose aspirin**, sleep restriction with a **placebo**, and regular sleep with a placebo. Participants took 81 milligrams of aspirin daily. Under sleep restriction, they slept four hours each for five nights, followed by three nights of recovery sleep at eight hours per night. The control group maintained eight hours of sleep throughout.

The results showed that under sleep restriction conditions, preemptive intake of low-dose aspirin mitigated the pro-inflammatory responses compared to placebo. Specifically, aspirin reduced inflammatory markers, including interleukin (IL)-6 expression and C-reactive protein (CRP).

- one theory suggests that lack of sleep leads to inflammation due to changes in blood vessels. Typically, blood pressure decreases, and blood vessels relax while we sleep. When sleep is limited, blood pressure does not decrease as usual, potentially triggering vascular endothelial cells that activate inflammation.

- Additionally, sleep deprivation disrupts the normal function of the brain's internal cleaning system, known as the glymphatic system. During deep sleep, cerebrospinal fluid washes through the brain, clearing out beta-amyloid proteins associated with brain cell damage. Without adequate sleep, this cleaning process is incomplete, leading to a buildup of the protein and subsequent inflammation. This creates a vicious cycle where beta-amyloid accumulation in the frontal lobe further impairs deep sleep, making it increasingly difficult to retain and consolidate memories.
- cumulative sleep loss can decrease the structural integrity, size, and function of brain regions such as the hippocampus and thalamus. These regions are particularly vulnerable to damage in the early stages of Alzheimer's disease.
- it is estimated that about one-third (33.2 percent) of U.S. adults sleep less than seven hours per night. An increasing number of studies have shown that insufficient sleep affects emotions, memory, and energy levels and can lead to inflammation. Inflammation is the body's natural response to disease and injury, but if not regulated, it may affect brain structure and increase the risk of chronic diseases such as autoimmune diseases, cancer, coronary heart disease, stroke, and Type 2 diabetes
- The novelty of this study is that it investigated whether we can pharmacologically reduce the inflammatory consequences of sleep restriction," said Larissa Engert, the lead author of the Harvard study, in a news release. "We used a non-steroidal, anti-inflammatory drug because it has been shown to affect specific inflammatory pathways, which were previously shown to be dysregulated by experimental sleep restriction or sleep disturbances."

- Aspirin has been used for over 3,500 years and remains a popular choice for preventing cardiovascular events. While daily aspirin intake may reduce the risk of heart attack and stroke, it also raises the risk of bleeding. Even at low dosages, the academic community holds varying opinions on the benefits and risks of aspirin. SO USE GARLIC

gut health: : Hemorrhoids: Symptoms, Causes, Treatments, and Natural Approaches

by Mercura Wang July 7, 2024

- Hemorrhoids, also known as piles, are swollen and inflamed veins in the anus and lower rectum. They are similar to varicose veins and result from the stretching and pressure on the blood vessels, causing them to expand, thin, and bleed. Prolonged stretching leads to the vessels protruding.
- About one in 20 Americans have hemorrhoids, and they cause about 4 million office or emergency visits per year. Approximately 75 percent will experience hemorrhoidal symptoms at some point in their lives, and about half of people over 50 have them. The peak incidence occurs in both men and women between the ages of 45 and 65. The condition is the most common cause of rectal bleeding in the United States.

TWO MAIN TYPES BEING INTERNAL AND EXTERNAL.

INTERNAL HEMORRHOIDS are found inside the anal canal and are typically painless, but they can itch, cause pressure, and complicate cleaning. They may bleed, leak mucus, or protrude from the anus.

Prolapsed hemorrhoids are internal hemorrhoids that often stretch and swell outside the anus. They may retract back into the rectum on their own, or you can gently push them back inside. When prolapsed hemorrhoids get their blood supply cut off, they become strangulated hemorrhoids, causing sudden pain and potentially causing urination problems.

EXTERNAL HEMORRHOIDS are located near the anus opening and can be painful but are usually manageable with home treatments.

A thrombosed hemorrhoid, also known as a clotted hemorrhoid, is a type of external hemorrhoid that occurs when a blood clot (thrombus) forms within the hemorrhoidal tissue. This condition causes severe pain, swelling, inflammation, and sometimes bleeding. It can also result in a hard lump near the anus.

SYMPTOMS

Rectal bleeding: bright red blood during or after a bowel movement.

Pain: Internal hemorrhoids are usually not painful unless they prolapse.

A burning sensation.

Discharge of mucus.

Itching: Mucus released by hemorrhoids can cause skin irritation and itching.

Moisture.

Inflammation or swelling.

Difficulties with perianal cleanliness.

CAUSES:

It is believed hemorrhoids occur due to increased pressure within the blood vessels of the anorectal region. Hemorrhoids are often linked with chronic constipation, straining during bowel movements, and prolonged sitting, which disrupt blood flow and lead to swelling of the blood vessels. This is also common during pregnancy due to increased pressure on veins from the growing uterus.

RISKS:

Family history.

Sedentary lifestyle.

Obesity. Higher socioeconomic standing .?WHITE PRIVILEGE? ?

Spinal cord injury.

Rectal surgery. Anal intercourse.

Inflammatory bowel disease (IBD).

Excessive use of laxatives or enemas.

Dehydration.

DX

Physical Exam +/- anoscopy/colonoscopy, digital exam, Ba enema

Rx

Diet: high fiber

remove constipating foods=>chips, cheese/dairy, eggs, meat,
processed & FAST foods

Meds to avoid or adjust: : :

Some antidepressants

Antacids with aluminum or calcium

Antihistamines

Some pain relievers

Certain antihypertensive drugs

Diuretics

Anticholinergics

Antispasmodics
Anticonvulsants
Parkinson's disease medicines
Iron supplements

- Stool softeners can help reduce straining and constipation
ice packs
PREP H Anesthetic ointments: One example is anesthetic ointments containing lidocaine.
Witch hazel compresses:
A & D Ointment
- Exercise, Sitz bath, Bidet
avoid heavy lifting

MEDICAL INTERVENTION:

Rubber band ligation
Injection sclerotherapy
Infrared photocoagulation
Electrocoagulation
Surgical Incision & Excision & stapling Hemorrhoidectomy

Medicinal Herbs

Chamomile (*Matricaria chamomilla*) ointment & tinctures
Horse chestnut : aesculus 40mg v placebo 81.6 percent of the Rx group reported significant symptom improvement compared to 32.4 percent in the placebo group.

Sophora Flower lowers and buds of *Sophora japonica* (aka Huaihua)

14 day study. All used sitz bath + diet. 78.2 percent of the patients in the treatment group showed no hemorrhoid symptoms, and only 40.9 percent of the placebo group still had symptoms.

MYRTLE (*Myrtus communis*) essential oil, applied as a lotion or ointment,

TEA TREE OIL has antiseptic and anti-inflammatory properties and is sometimes used for sitz baths and topical applications in treating hemorrhoids.

ACUPUNCTURE

a 2018 study involving 76 patients with internal, external, and mixed hemorrhoids, all participants were treated with acupuncture for 24 days, resulting in 68 cases (86.5 percent of the total) considered successfully cured.



INSOMNIA

ANS: INSOMNIA, also known as sleeplessness, is a sleep disorder in which people have trouble sleeping.

- **Between 10% and 30% of adults have insomnia** at any given point in time and up to half of people have insomnia in a given year.
- **THREE FLAVORS**
 - Difficulty **INITIATING** sleep. (In children, this may manifest as difficulty initiating sleep without caregiver intervention.)
 - Difficulty **MAINTAINING** sleep, characterized by frequent awakenings or problems returning to sleep after awakenings.

(In

children, this may manifest as difficulty returning to sleep without caregiver intervention.)

○ **EARLY-MORNING** awakening with inability to return to sleep.

● Conditions that can result in insomnia include psychological stress,

- chronic pain, – heart failure, — hyperthyroidism,
- heartburn, — restless leg syndrome,
- menopause, – certain medications,
- drugs such as caffeine, nicotine, and alcohol

ψ ψ disorder

- Mania ● Depression ● Schizophrenia
- OCD ● S A D ● Panic Disorder

● **MAYONNAISE CLINIC (COMMON) REMEDIES**

- * Avoiding or limiting naps
- * Treating pain at bedtime

*Avoiding large meals, beverages, alcohol, and nicotine before bedtime

* relax into sleep, including use of white noise

* **SLEEP ENVIRONMENT:**

**Making the bedroom suitable for sleep by keeping it dark, cool, and free of devices, such as clocks, cell phones, or televisions

* Maintain regular exercise

** Try relaxing activities before sleeping, Reading Book.

- Many doctors do not recommend relying on prescription sleeping pills for long-term use.
- “evidence” that **COGNITIVE BEHAVIORAL THERAPY** for insomnia (CBT-I) is superior in the long-term to benzodiazepines and the nonbenzodiazepines in the treatment and management of insomnia. Common forms of CBT-I treatments include stimulus control therapy, **sleep restriction**, sleep hygiene, improved sleeping environments, **relaxation training**, paradoxical intention, and biofeedback.

PARADOXICAL INTENTION involves adjusting both your thought processes and behaviors to improve the way that you feel. whimsical or fanciful

- O T C over-the-counter antihistamines such as diphenhydramine [Benadryl] or doxylamine.
- melatonin and Rozerem (ramelteon) is a melatonin agonist medication

which is used in the treatment of insomnia 8mg

- Anxiolytics/ Hypnotics: Ativan (Lorazepam) 0.5- 2mg HS
 Dalmane (Flurazepam) 15-30mg HS $T_{1/2}$ 70-90 hours
 Halcion (triazolam) 1.25-0.5mg HS $T_{1/2}$ 2 - 3 hr
 Klonopin (clonazepam) 0.25 - 2mg HS $T_{1/2}$ 18 - 50 hr
 Restoril (temazepam) 7.5mg-30mg HS $T_{1/2}$ 8 -25 hr
 Serax (oxazepam) 10-30mg HS $T_{1/2}$ 8 hr
 Xanax (alprazolam) 0.25-2 mg $T_{1/2}$ 12 hr
 Tryptophan (L-tryptophan) 250 - 750 mg HS

TCA's

Remeron (mirtazapine)

Desyrel (trazodone)

Antipsychotics

Seroquel (quetiapine)

HERBALS

* Ashwagandha * Hops * Chamomile * Magnolia bark

Valerian Passionflower Skullcap Blue Vervain

Kava Kava Lavender

Random thoughts of the MOON

HAT TIP ● ● ● **Harrison JACK Schmitt** (July 3, 1935–) is an American geologist, retired NASA astronaut, university professor, former U.S. senator from New Mexico, and the most recent living person—and only person without a background in military aviation—to have walked on the Moon.

In December 1972, as one of the crew onboard Apollo 17, Schmitt became the first member of NASA's first scientist-astronaut group to fly in space. As Apollo 17 was the last of the Apollo missions, he also became the twelfth and second-youngest person to set foot on the Moon and the second-to-last person to step off of the Moon (he boarded the Lunar Module shortly before commander Eugene Cernan.

Harrison and Gene Cernan assembled their lunar module on the moon's surface in their space suits. They drove about 21 miles exploring more of the moon than ever before over 3 days with three different excursions.

Sadly, few people on planet earth paid attention in 1972... I in my 1st year of residency at Washington U (St. Louis) was one. 36hr “on” 12 hr “off”.

- Astronaut Schmitt’s Journey was on a SATURN V rocket designed by Wernher von Braun at a cost of 152 B. ● it stood 363 feet (111 m) tall, and, ignoring the fins, was 33 feet (10 m) in diameter. Fully fueled, the Saturn V weighed 6.5 million pounds.

- The SATURN V was moved to the launch sight on a flat top ‘vehicle’ called “The Crawler. , this largest land vehicle ever made that moves on enormous treads That starts 3 ½ miles from the launchpad where the SATURN V was built on top of it. At the right time (hurricane free) The CRAWLER with SATURN V on top of moves down a special highway 30 feet deep designed to handle the strain of millions of pounds moving across it without shifting. The CRAWLER has locomotive-sized diesel engines that consume 165 gallons of fuel for every mile it travels at ½ mile per hour. ● Once the SATURN V lifts off it hits a top speed of 25,000 mph

- **CONSIDER THE MOON**

- ANALYSIS of moon rocks demonstrate that 4.5 billion years ago, shortly after the formation of our solar system.... a fortuitous event occurred a Mars-sized object hit Theia, our proto-Earth at just the right angle.... just the perfect speed to create a bigger Earth and a spinning Earth, and left-over parts we call THE MOON.

- MOON composition == Earth composition

- NOW, **OUR MOON IS AN ODDITY**, outrageously large Compared to other moons in our solar system.

- It is big enough (27% of earth) to maintain our spinning axis relative to the sun, so we have 4 seasons

- It maintains tides which are essential for costal life forms.

THE ODDS of all of this 'coincidence' happening is $1:10^{40}$,
.... an unimaginable number What a coincidence !!
⇒ What are the ODDS ?? → → THIS POINTS TO
INTELLIGENT DESIGN ie.....> GOD.

Word FROM OUR SPONSOR

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IMAGINED®** Local Stores Share
N'Care Pharmacy in Belen , Duran's
Central Pharmacy, Arnett's Regent
Pharmacy, Best Buy Pharmacy, Menaul
Pharmacy, **VINTAGE** PHARMACY (on
Mongomery), Evergreen Herbal Market
(Rio Rancho), Moses Kountry Store (4th
Street), Village Apothecary in Cedar
Crest, **HIGHLAND PHARMACY**, Kare Drug (AZTEC, NM),
PURPLE SAGE HERB & HEALTH (Bosque Farms), and
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Tel: 505-848-3773

H7N9 or H5N1, the classic bird flu

CDC continues to respond to the public health challenge posed by a multistate outbreak of avian influenza A(H5N1) virus, or "H5N1 bird flu," in dairy cows and other animals in the United States

To date June, 30 there have been 3 human cases associated with an ongoing multistate outbreak of A(H5N1) in U.S. dairy cows. The virus's HA (hemagglutinin) has not adapted to be able to easily infect people.

- People should avoid exposures to sick or dead animals, including wild birds, poultry, other domesticated birds, and other wild or domesticated animals (including cows), if possible.
- People should also avoid exposures to animal poop, bedding (litter), unpasteurized ("raw") milk, or materials that have been touched by, or close to, birds or other animals with suspected or confirmed A(H5N1) virus, if possible.

- The mortality (death) rate for bird flu in humans is high — over 50% for all known cases worldwide.
- a lab test. To conduct the test, doctors will swab your nose and analyze the mucus.
- medicines can include: : :
Oseltamivir (Tamiflu®). Peramivir (Rapivab®).
Zanamivir (Relenza®).
- People should not drink raw milk. Pasteurization kills A(H5N1) viruses, and pasteurized milk is safe to drink.
- U.S. government is giving drugmaker Moderna \$176 million to develop an mRNA vaccine against the bird flu amid the ongoing outbreak in dairy cows across the country.
- The U.S. government has ordered nearly 5 million doses of the influenza vaccine made by CSL, and manufacturing is slated to be completed by the end of the summer.